

Diversity

The Concept of Diversity encompasses acceptance and respect. It means understanding that each individual is unique, and recognizing our individual differences. These can be along the dimensions of race, ethnicity, gender, socioeconomic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies. It is the exploration of these differences in a safe, positive, and nurturing environment. It is about understanding each other and moving beyond simple tolerance to embracing and celebrating the rich dimensions of diversity contained within each individual. We can all learn from each other as we all have something to offer.

CINNAMON

Try to eat a quarter to 1 tea-spoon of cinnamon (dalcini) with food as it can help metabolize sugar better which means less fat stored. According to researchers at USDA, read more at www.lifemojo.com



Health Tips

Heat Disorders

A Healthier You.

You are what you eat holds an exquisite site of who and what you are and what example you give. Good health allows you to be successful in many aspects of life. Your health is the most valuable asset you posses.

What determines good health? Several organs in your body performing independently as they should. No illness of any kind to hinder your everyday performance, whether it is minute or massive. Full of life and energy, ready to take on the world. Maintaining excellent health is extremely important for your mind, body, and soul, as well as for the people you come across everyday. Proper hand washing and sanitizing while being courteous with good mannerisms when sneezing or coughing will help eliminate the spread of disease.

Your body is the only body you will have for the rest of your life, take care of it. Exercise is extremely important along with a healthy diet. Physical activity of any kind helps to strengthen your immune system and lower the risks of affluence diseases. It provides you with more energy, maintains your mental health, and gives you positive self-esteem. Nutrients is the substance that enrich your body. Nutrients give you the energy and ability to perform tasks whether they are physical or mental. Find and maintain a healthy diet, ask your doctor what is best for you.

The mind should never stop learning or growing. This does not mean you have to go take a calculus or science class, unless you want to of course. It can be as simple and small as a crossword puzzle or learning a new healthy recipe for dinner. Try something new and learn to appreciate it. Anything that engages the mind and challenges it will do just fine.

Whatever your beliefs may be, they should be explored and understood. Talk to people who encompass the same values and way of life. Your spiritual health is another aspect

in which your whole person can function properly. Mind, Body and Soul, the important aspects of living and maintaining a healthy lifestyle. One step at a time nourishing each one appropriately.

Along with a healthy nutritious diet, one must consume water and plenty of it. Remember we live in a beautiful desert with dry heat and temperatures ranging in the hundreds during the summer months. Just about 60% of our bodies are made up of water. 85% of the brain, 80% of blood, and 70% of muscle. How much water are you drinking in order to maintain a healthy level of H2O ?

Water allows your body to rid itself of toxins, carries nutrients throughout your body replenishing itself. Your metabolism works better with plenty of water and assists with weight loss. Signs of dehydration can consist of constipation, dry skin, urinary tract infections and headaches. These are usually the first signs of having unhealthy low levels of water. The symptoms can get much worse and lead to a heat stroke.

- Symptoms of heat disorders are:
- Sunburn: skin redness and pain, possible swelling, blisters, fever, headaches.
- First Aid: firm pressure on cramping muscles or gentle massage to relieve spasm. Sips of water. If nausea occurs, discontinue.
- Heat Cramps: Painful spasms usually in leg and abdominal muscles. Heavy sweating.
- First Aid: Lie down in cool place, loosen clothing, apply cool wet cloths, fan or move to air-conditioned place, sip water, if nausea occurs, discontinue, if vomiting occurs, get immediate medical attention.
- Heat Stroke: high body temp. (106+). Hot , dry skin, rapid strong pulse, possible unconsciousness, will likely not sweat.
- First Aid: Call 911, get to a hospital immediately, delay is fatal, cool environment, cool bath or sponging to reduce body temp. Use extreme caution, remove clothing. **DO NOT GIVE FLUIDS.** Have a fun and SAFE summer.

Brown Rice Pulao Recipe

Indian, Main Course

Prep Time 15 min

Cook Time 20 Min

Good for:

Diabetes, Heart Disease, High Cholesterol, Weight Loss, Postmenopausal Health

Health Factor:

Low Cholesterol, High Fiber, High Vitamins, High Minerals

- 2 cups - Brown or semi-polished rice
 - 1 - carrot chopped
 - 1 - capsicum chopped
 - 1 - onion chopped
 - 1 sprig - spring onion, chopped
 - 1/2 cup - peas (matar), shelled
 - 1 - lemon juice extracted
 - Salt to taste
- 2 - cloves (laung)
 - 1 - bay leaf (tej patta)
 - 1/2" - piece cinnamon (dalcini)
 - 1 pod - cardamom (elaichi)
 - 3 to 4 - green chillies
 - 1' - piece ginger (adrak)
 - 2 - flakes garlic (lahsun)
 - 2 - stalks curry leaves
- 2 - stalks basil leaves (tulsi)
 - 2 - stalk mint leaves (pudina)
 - 1/2 cup - coriander leaves (dhania)

Instructions:

1. Grind Cloves, bay leaf, cinnamon & Cardamom to a powder

2. Grind Chillies, ginger, garlic, curry leaves, basil leaves, mint leaves & coriander leaves to a paste

3. Put plenty of water (about 2 liters) to boil

4. Add half lemon juice, add rice

5. Add 2 tsp. salt, bring to a boil

6. Cover and cook rice till almost done, but not mushy

7. Drain out any excess water, cover and keep aside, till required

8. Heat a non-stick pan, add onion, stir cook for 2-3 min.

9. Add ground powder and paste, stir cook further for 2 minutes

10. Transfer to a large microwave pan, add all other vegetables

11. Add 1/2 cup water, cover loosely, microwave on high for 4-5 min

12. Remove, the vegetables should be almost cooked, but firm

13. Repeat for 2 minutes if required, allow to stand covered for 2-3 min

14. Remove lid, pour any excess liquid into rice first, and mix well

15. Add cooked veggies, remaining lemon juice, and salt if required to rice

16. Mix well till rice and veggies are properly blended

17. Retransfer to microwave dish, microwave on high for 1 minute

Search recipes at [lifemojo.com](http://www.lifemojo.com) for more



“There is no reason, no excuse, no alibi, no fate, that can hinder an individual that is focused on a specific purpose.”
~Mike Jones~